

NINE MONTHS' READING—A Medical Guide for Pregnant Women—Robert E. Hall, M.D. Illustrated by Robert Demarest. Doubleday & Company, Inc., Garden City, New York, 1960. 191 pages, \$2.95.

"Nine Months' Reading" is a superb book which provides approximately four hours of interesting and informative reading. In 186 pages Dr. Hall has compiled an all-encompassing survey of the adventures of the pregnant woman and her intra-uterine citizen. In a lucid and nonflowery style, this book contains an intelligent answer to almost every conceivable question the most querulous "primipara" could ask. Particular attention has been devoted to an understandable explanation of the Rh problem, and to a frank and thorough description of labor and delivery. In his discussion of the various aspects of pregnancy and birth the author salts his information liberally with his own opinions which are authoritative and not in the least vacillatory: "But if you want to scream, go ahead. You won't be the first or the last or the loudest."

Two subjects in particular are obviously dear to Dr. Hall's heart: for 18 pages he ardently expounds his views on breast feeding, "it radiates love," and natural childbirth, "jungle obstetrics." There is no brain washing attempted, simply an articulate and pungent expression of his opinions.

The contemporary aspects of 1960 obstetrics are covered accurately, for the most part, from an explanation of prenatal sex determination by study of the amniotic fluid cells to advice on the levels of radioactive strontium 90 in milk. One exception is the description of the chromosomal number as twenty-four pair, instead of the correct figure of twenty-three pair.

Dogmatic statements abound in this book but only rarely do they provoke skepticism as to their factual basis, viz., "gamma globulin is useless in preventing German measles." Dr. Hall's authoritative manner even extends to an admonishment to parents, "Don't give the baby a family name," with a paragraph explaining the psychiatric reasons for his philosophy.

In the opening paragraph of the final chapter, the author counsels his pregnant patients that the moment of returning home from the hospital with the new born is an exalting and triumphant one, so, "Don't mess it up." Following this imperious advice, there is an excellent section crammed with the same common-sense with which the book is saturated.

A very helpful glossary is provided and an adequate index.

A dozen barely adequate illustrations with substandard descriptions do not add to the effectiveness of the text.

The book costs three dollars, and it is hard to imagine a better investment for any pair of prospective parents and their obstetrician.

JOHN V. KELLY, M.D.

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PARDON MY SNEEZE—2nd Edition—The Story of Allergy—Milton Millman, M.D., Fellow American College of Allergists; Member American Academy of Allergy; and Past President San Diego Biomedical Research Institute. Kuchirka Books, P.O. Box 8144, San Diego 2, Calif., 1960. 215 pages, \$4.00.

This is an excellent little book, written with the purpose of clarifying the causations, diagnosis and treatment of allergic diseases to the layman. Unfortunately, it will miss the bulk of its projected buyers, for only the most intelligent and cooperative laymen would read and profit by it. The practicing allergist can learn from this volume how to answer the patient's questions satisfactorily. Doctors who are not allergists and who have never had any formal training in allergy should read a book like this, not only for their own benefit but for that of their patients. It would

enable said doctors to direct people suffering from misdiagnosed "sinusitis," "bronchitis," "neurodermatitis," "indigestion," etc., to a competent allergist. Pardon My Sneeze could easily be expanded into an elementary textbook of allergy suitable for senior medical students or practitioners desiring a brief survey.

The first two-thirds of the book, dealing with allergic mechanisms, diseases and diagnosis, is the best. Most of the latter third is on the subject of food allergens, diaries, diets, etc. The reviewer thinks that the author has set the incidence and importance of food allergy too high. There are excellent lists of allergens and where to look for them. The section on air filtration is worthy of greater expansion and detail, along the lines of Max Samter's lectures.

In trying to make medical subjects more palatable to the layman, doctors often lean over backward to be humorous. The author has done this also. The title of "Pardon My Sneeze" appeals only to the more frivolous. The numerous cartoons, though clever, are distracting and add an air of levity to a well written discourse on a serious subject. They could possibly be put in a separate section at the end of the book.

As long as the average patient wants everything to be done for him by the doctor, books like this will not be as widely read as they deserve to be.

MILTON M. HARTMAN, M.D.

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SIGNIFICANT TRENDS IN MEDICAL RESEARCH—Ciba Foundation, Tenth Anniversary Symposium—Editors for the Ciba Foundation, G. E. W. Wolstenholme, O.B.E., M.A., M.B., M.R.C.P.; Cecilia M. O'Connor, B.Sc., and Maeve O'Connor, B.A. Little, Brown and Company, Boston, Massachusetts, 1959. 356 pages, with 41 illustrations, \$9.50.

This volume, the fiftieth in the series of the CIBA Foundation Symposia, is in many ways the best of the series and a remarkable book. The symposium was held to celebrate the tenth anniversary of the Foundation and the participants are a star-studded cast. Seven Nobel prize winners are included in those contributing to the discussions. The subjects range from molecular structure by Pauling to research in clinical nutrition by Brock and include a ten-year general survey of the field of neurophysiology by von Muralt, the nature and mechanism of action of hormones by Young, population dynamics of body cells by Burnet, genetics and medicine by Waldenström, malignant transformation by Haddow, chronic pulmonary disease by Richards, metabolic problems involving the pancreas by Best, biochemical chapters by Theorell and Schramm, essential hypertension by Pickering and a final chapter describing medical research in the U. S. by Shannon. Each paper is followed by a lively and penetrating discussion devoted primarily to classification of concepts.

The reaction that one gets to this book is of excitement—not only because of the great strides that have been made during the past ten years but because of the bold, broadly conceived concepts of the developments to be expected in the next ten years. The wide sweep from genes to enzymes to molecules to clinical disease will be of great interest to clinicians who have not perhaps been aware of the great strides that have been made in this direction. Predictions of future developments were made rather confidently by Pauling who stated that he estimates "1st March 1967 \pm 2.5 years as the date when the announcement will be made that the first complete structure determination for a protein molecule, the determination by experiment (x-ray diffraction) of the relative positions in space of all of the atoms in the molecule, has been accomplished." When this and other knowledge regarding protein molecules has been

achieved, detailed understanding of the mechanism of action of genes and enzymes and of the manner in which abnormal molecules produce disease will transform medicine from "macroscopic and cellular medicine to molecular medicine."

All of the participants agreed that one of the most significant trends in research in the past few years was the attempt to describe biological phenomena in chemical and physical terms. Schramm's chapter elaborates this theme, particularly with respect to the gene as the producer of a specific enzyme and the consequences thereof. Burnet summarized his contribution "that the phenomena of immunity are based on an evolved specialization of the capacity of all cells to mutate, that cancer is a manifestation of the selective short-term survival of cells which have gained proliferative advantage by sequential mutation, and that old age and death represent the cumulative effect of a burden of somatic mutation in the body cells."

Von Muralt summarizes very succinctly the ionic theory of excitation and the relationship between the nerve impulse and the contraction of muscle. He considers the "single unit approach," the intra-cellular microelectrode and radioactive isotopes as making possible the insights of the last decade in his field.

Many more illustrations could be given but perhaps enough has been said to whet the reader's appetite for a stimulating adventure into the thinking of superb minds. The book can be very heartily recommended.

MAURICE SOKOLOW, M.D.

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EXPERIMENTS AND OBSERVATIONS ON THE GASTRIC JUICE AND THE PHYSIOLOGY OF DIGESTION

—William Beaumont, M.D., Surgeon in the United States Army. Facsimile of the Original Edition of 1833, together with a Biographical Essay, A Pioneer American Physiologist, by Sir William Osler. Dover Publications, Inc., 180 Varick Street, New York 14, New York, 1960. 279 pages, \$1.50.

Most people are not aware of William Beaumont's excellence as a physiological observer, and doctors are indebted to the editor and the publishers of this admirable reprint of "The Physiology of Digestion." The original issues have become very scarce and expensive, the first and second issues of the Plattsburgh volume now bringing about from \$40 to \$80 and thus being not readily available.

Furthermore ancillary matter of great interest has been incorporated with the reprint of the original book. Osler's essay on the "backwoods physiologist" telling much of the exciting story of Beaumont's relations with the temperamental St. Martin makes delightful reading.

The observations are too well known to allow analysis in this review; suffice it to say that their clarity and precision are unsurpassed in this sort of writing. Beaumont laid the foundations of the modern concepts of the physiology of digestion; more than this he cleared away much confusion and unsoundness in connection with the subject.

ARTHUR L. BLOOMFIELD, M.D.

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THE LIST METHOD OF PSYCHOTHERAPY—Elizabeth Sher, Eleanor Messing, Theodora Hirschhorn, Enis Post, Annette Davis, and Arthur Messing. With an Introduction by Jacob S. List. Philosophical Library, 15 East 40th Street, New York, 1960. 258 pages, \$7.50.

This book consists of a collection of papers written by the "disciples" of Jacob List, each one of whom had been previously treated and trained by him. The method he uses, which is described, relies heavily on a planned interaction between patients in the reception room and in other social situations designed to alter a patient's patterns of behavior,

and on patients' returning to school in order to divert their attention from the problems which make them seek help in the first place. It would appear that patients who are treated by List and his group are those who are already aware of the existence of self-defeating patterns of behavior and who wish to change.

List is a former probation officer who studied psychology but was disillusioned by it as a discipline that could help people. He emphasizes that none of the contributors to this volume are "psychologists"—"they are holders of doctorates in education, not in psychology in the American Psychological Association sense." He belittles the experimental approach and emphasizes the interpersonal and social origins of neurotic disorders that were originally stressed by Fromm, Horney, and Sullivan.

He makes no distinction between types of cases treated; diagnosis is not mentioned. He provides no valid proof for the generalizations that are made regarding treatment. He uses Ferenczi as the authority to justify the warm, close relationship he fosters between the patient and his therapist—which includes such things as going to the toilet together, in part to facilitate discussion of bodily functions.

It is of interest that clients are sometimes referred to as "patients" and sometimes as "clients," suggesting some confusion in the self-image of the therapist. Psychotherapists are repeatedly equated with psychoanalysts—as if they were the same.

The book attempts to justify the entrance into one or another phase of the practice of medicine of individuals who possess unique ability rather than the minimal educational standards now required. It represents an approach that threatens to produce a chaotic situation in the healing arts and especially in the treatment of patients with emotional disorders—an approach which is consistent with the increasing trend on the part of social scientists to view man as a psychological organism rather than a psychobiological organism who is adjusting to his culture as well as to many other forces.

NORMAN Q. BRILL, M.D.

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ANATOMY—A Regional Study of Human Structure—Ernest Gardner, M.D., Wayne State University; Donald J. Gray, Ph.D., Stanford University; and Ronan O'Rahilly, M.Sc., M.D., Wayne State University. Illustrated by Caspar Henselmann. W. B. Saunders Company, Philadelphia, 1960. 999 pages, \$15.00.

The number of hours devoted to Gross Anatomy in the medical school curriculum has been drastically cut during the past few decades. A remedy for this condition has been the appearance of several textbooks written from the regional approach for more rapid comprehension by the student. The most recent and in many ways the best of these regional treatises is the collaborative effort of three eminent anatomists, Dr. Gray of Stanford University and Drs. Gardner and O'Rahilly of Wayne State University.

With about seventy-five years of collective teaching experience, these authors have assembled the basic facts, principles and concepts of anatomy with a clear, fresh viewpoint. After several brief authoritative introductory chapters on systematic anatomy, development and growth and radiological anatomy, the body is presented regionally, starting with the extremities and ending with the head and neck.

The regional descriptions include unique chapters on surface anatomy, physical examination and radiological anatomy. The book is superbly illustrated, with abundant original semidiagrammatic line drawings to clarify developmental aspects and functional concepts and with carefully selected photographs from life and x-ray plates. Descrip-